

# Vermont Department of Education Linking Health & Learning e-Bulletin

October 5, 2009

## News and General Announcements

### **New! Technology Grants for Health Education (7-12) and Physical Education (K-12)**

**Deadline: October 30, 2009**

The Vermont Department of Education is pleased to announce a grant opportunity for the purchase and use of technology in K-12 physical education and health education. Up to \$40,000 will be available through state-wide competitive grants for each content area. To access the application click [here](#). For more information contact [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us) (802) 828-1636 or [lindsay.simpson@state.vt.us](mailto:lindsay.simpson@state.vt.us) (802) 828-1461.

### **Alert from SAMHSA**

A nationwide public health alert has been issued concerning life-threatening risk posed by cocaine laced with veterinary anti-parasite drug. To learn more click [here](#).

### **HHS and USDA Unveil New Food Safety Consumer Website**

Health and Human Services (HHS) and Agriculture (USDA) recently unveiled a new consumer Web site at [www.foodsafety.gov](http://www.foodsafety.gov). The site is designed to help consumers and families get all the latest information on food safety and food recalls in one convenient place. It features information from all the agencies across the federal government that deal with critical food and food safety information.

### **NIMH Online Resources for Attention Deficit and Hyperactivity Disorder (ADHD)**

ADHD is one of the most common mental disorders that develop in children. Children with ADHD have impaired functioning in multiple settings, including home, school, and in relationships with peers. If untreated, the disorder can have long-term adverse effects into adolescence and adulthood. To access these resources click [here](#).

## Grant and Funding Opportunities

### **Healthy-Living School Grants from Cabot Creamery**

**Deadline: rolling**

Need help to put on a wellness fair, start a nutrition workshop, or implement another idea at your school? Cabot Creamery will provide matching funds of up to \$200 for any qualifying program, because our farmers want to help you grow healthy kids! Click [here](#) to find out more about this grant and to find our free health posters and nutrition education materials.

### **School Food Service Funding from the Vermont Agency of Agriculture**

**Deadline: October 15, 2009**

The Vermont Farm to School Grant program provides funding for schools to incorporate local food and farm culture into cafeterias, classrooms and communities. Through the Vermont Dairy Promotion Council the Agency of Agriculture also has funding available to subsidize the purchase of milk vending machines and milk coolers for Vermont schools. The Dairy Vending Grants are matching funds of up to \$2,000 and are available until December 2009. For more information on both funding opportunities contact Koi Boynton directly at (802) 828-2084 or [koi.boynton@state.vt.us](mailto:koi.boynton@state.vt.us) or click [here](#).

### **Healthy Sprouts Award from Gardener's Supply Company**

**Deadline: October 17, 2009**

To encourage the growth of health-focused youth gardens, the National Gardening Association (NGA) recognizes outstanding programs through the Healthy Sprouts Awards - sponsored by Gardner's Supply Company. These awards support school and youth garden programs that aim

to teach children about nutrition and the issue of hunger in the United States. An expected 20 programs will be awarded with gift certificates to purchase gardening materials, nutrition lessons with NGA's Eat a Rainbow Kit, plus seeds and literature. For more information and to access the application click [here](#).

#### **Safe Routes to Schools Mini-Grants**

**Deadline: October 30, 2009**

The National Center for Safe Routes to School is now accepting applications for 20 mini-grants, up to \$1,000 each. The aim of the mini-grants is to use student creativity and leadership skills to increase safe walking and bicycling to school. Successful applications will include one or more of the following: student-led activities, concern for the environment, and/or promotion of physical activity. Funded activities must be part of a new or existing Safe Routes to School program. For more information, click [here](#) or contact Pam Barth (919) 962-8717.

#### **National Gardening Association Announces Youth Garden Grants Program**

**Deadline: November 2, 2009**

The National Gardening Association (NGA) will again award Youth Garden Grants to schools and community organizations with child-centered garden programs across the United States. Schools, youth groups, community centers, camps, clubs, treatment facilities, and intergenerational groups throughout the United States are eligible. For the 2010 grant cycle, 100 grants are available. Five programs will each receive gift cards valued at \$1,000. Ninety-five programs will each receive a \$500 gift card and educational materials from NGA. Click [here](#) for the application.

#### **Hidden Valley Salad Dressings - Love Your Veggies Grant Program**

**Deadline: November 6, 2009**

The makers of Hidden Valley Salad Dressings are now accepting applications for the 2009-10 "Love Your Veggies" grant program. The purpose of the program is to help schools execute innovative programs that will increase the access to, and consumption of, fresh fruits and vegetables in the lunchroom. Ten \$10,000 grants will be awarded to elementary schools across the US. Please click [here](#) for more information and program guidelines.

#### **Fuel Up to Play 60 Grant Applications**

**Deadline: November 13, 2009**

New England Dairy & Food Council in partnership with the New England Patriots announces grants to implement a school wellness program called Fuel Up to Play 60 program. Mini-grants up to \$500 are available to schools and school districts in CT, MA, NH, RI or VT to implement healthy eating and physical activity action strategies and a wellness promotion kick off event. Grants up to \$1,000 are available to implement larger initiatives such as programs to make school breakfast more accessible; to spruce up the cafeteria with fresh paint and signs from our restyle catalog; to carry out monthly themed events to promote healthy eating and physical activity. For more information, click [here](#). To apply for a grant, click [here](#). For questions, contact Jill Goodroe [jgoodroe@newenglanddairy.com](mailto:jgoodroe@newenglanddairy.com)

#### **Bikes Belong Grant**

**Deadline: November 23, 2009**

The Bikes Belong Grants Program helps put more people on bicycles more often by awarding grants to important and influential projects that leverage federal, state, and local money and build momentum for bicycling. These projects include paved bike paths and rail-trails as well as mountain bike trails, bike parks, BMX facilities, and large-scale bicycle advocacy initiatives. Click [here](#) for more information or write to [mail@bikesbelong.org](mailto:mail@bikesbelong.org)

#### **New Look of School Milk Grant**

**Deadline: November 30, 2009**

NE Dairy & Food Council is offering funding up to \$1000 per 500 students enrolled for schools that start the "New Look of School Milk" program in 2009. Funding supports cow-spotted milk merchandisers, signage and/or menu boards for school cafeterias. To qualify schools must participate in the USDA School Meals Program and offer milk in plastic with all school lunches.

Funding is available on a first come, first served basis. For more information, contact Jill at [jgoodroe@newenglanddairy.com](mailto:jgoodroe@newenglanddairy.com) or click [here](#).

### **Tommy Wilson Memorial Grant**

**Deadline: December 1, 2009**

The American Association for Physical Activity and Recreation (AAPAR) has reconfigured a past award into a new grant opportunity. The Tommy Wilson Memorial Grant will give up to \$1,500 to a nonprofit entity to directly support recreation programs for people with disabilities. Click [here](#) for the application.

### **Vermont First Tee National School Program Grant**

**Deadline: December 15, 2009**

Vermont elementary schools are invited to apply for a grant for the Vermont First Tee National School Program for spring 2010. The program goal is to establish a lifelong interest in golf by engaging young people (K-5) in a structured golf curriculum that promotes personal character development within the physical education setting. For more information about the program, click [here](#). For more information, contact Richard H. Mihlrad, President, Vermont Golf Association, at (802) 645-1907 or [rmihlrad@sover.net](mailto:rmihlrad@sover.net).

### **The 21st Century Community Learning Centers Grant**

**Deadline: February 12, 2010**

The Vermont Department of Education is excited to accept proposals under the 21<sup>st</sup> Century Community Learning Centers Program (21C) to award significant funding to schools and communities with high need populations (30% free/reduced meals) that want to establish or expand afterschool programs in Vermont. These programs can occur during out-of-school hours including: before school, afterschool, evenings, weekends, vacation, and summer time. Funds can support a variety of innovative educational approaches that connect talented teachers and other educators with dynamic programs for young people in grades K-12. Applicant trainings are on October 9 and 16. Letters of Intent are due November 20. Applications are due February 12, 2010. If you have any questions contact [Emanuel.Betz@state.vt.us](mailto:Emanuel.Betz@state.vt.us) or call (802) 828-0557. Click [here](#) for more information.

## **Professional Development Opportunities**

**For a Calendar of Vermont Department of Education-Sponsored Events click [here](#)**

### **The Reflective Teacher: 3-credit course**

**October 3, 2009**

Offered for teachers K-12, this course was designed on the premise that providing educators with a forum for addressing their own stress management and personal health will help them create a more peaceful and effective learning environment. Special features of the course include: a three day meditation retreat with Phra Payungsak Aggawinate, Thai monk; yoga classes; journaling to help create positive change in your classroom/ life. For more information contact: Dr. Kenneth Hood [hoodkw@aol.com](mailto:hoodkw@aol.com) or (802) 578-2981.

### **Online Course - Alcohol, Tobacco and Other Drug (ATOD) Education**

**October 5 – November 16, 2009**

**Online**

In order to promote consistency in the delivery of ATOD education training throughout Vermont, the Center for Health and Learning has developed a set of comprehensive ATOD education objectives. This interactive online course uses the objectives to address pharmacology, the continuum of chemical use, chemical dependency in the family, societal and personal attitudes, policy and legal issues, support and referral for students in distress, curriculum development, school climate and drinking and driving. Instructors: JoEllen Tarallo-Falk, Ed.D., C.H.E.S.; Debby Haskins, M.S., LADC, CCS. For more information and to register click [here](#).

### **Prevention Ethics**

**October 6, 2009**

**Rutland, VT**

Designed to meet the requirements for the prevention-specific ethics needed for prevention certification, this workshop will teach you how to: understand ethics from a historical perspective; list the six principles of ethics for prevention practitioners; use an ethical decision-making model for dealing with ethical dilemmas; examine cases using the ethical decision-making model; and develop a personal professional plan for future growth in the field of prevention. For more information and to register click [here](#).

### **Professional Development Program for Dealing with Children of the Military**

**October 6-7, 2009**

**Northfield, VT**

The Military Child Education Coalition's™ Living in the New Normal (LINN)™ training is a two-day professional development program that prepares school guidance professionals, educators and community members to recognize and address the issues faced by children dealing with separation from a loved one or experiencing trauma, grief and loss due to the loss or injury of a loved one. The MCEC's LINN™ efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be strengthened through deliberate encouragement. To learn more and to register by September 30, 2009 click [here](#) or call Amanda Hulsey at (254) 953-1923.

### **Child & Youth Injury Prevention Symposium: Issues & Answers**

**October 7, 2009**

**South Burlington, VT**

This symposium will highlight the most pressing injury risks for Vermont children and youth and how to protect them. Hosted by Safe Kids Vermont and the Vermont Department of Health, this symposium will feature Theresa Covington, Executive Director, National MCH Center for Child Death Review. Workshops on pertinent topics will follow. Registration by email is preferred. To do so contact Betsy Cabrera [betsyc@gmavt.net](mailto:betsyc@gmavt.net) or (802) 373-9351.

### **Lifelines Suicide Prevention Trainings**

**October 14-15, 2009**

**Stowe, VT**

**November 4-5, 2009**

**Montpelier, VT**

The Center for Health and Learning offers a number of fall trainings for the Vermont Youth Suicide Prevention Project, which is funded by a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). *The Lifelines Program for Suicide Prevention: Creating Communities of Hope* will be offered at the above dates/times. These trainings are considered a prerequisite for the implementation of the *Lifelines* curriculum in Vermont middle and high schools. To register click [here](#). For information on *Lifelines*, as well as the Vermont Youth Suicide Prevention Project, contact Brian Remer, Center for Health and Learning, at (802) 254-6590 or [brian@healthandlearning.org](mailto:brian@healthandlearning.org).

### **Vermont Association of School Psychologists, Fall Conference 2009**

**October 16, 2009**

**Colchester, VT**

This conference is titled 'Resilient Classrooms'/'Resilient Playgrounds': Creating healthy environments for learning and establishing effective playgrounds where students are socially successful and feel safe from bullying or intimidation. For more information and to register click [here](#).

### **Maintaining School Wellness During Tight Budget Times**

**October 20, 2009**

**Webinar**

School districts have been making great progress in health and fitness, and there's no reason to scale back on wellness initiatives just because budgets are tight. This web seminar will look at ways you can promote health and fitness among students and staff with low-cost and even no-cost initiatives, some of which may even yield cost savings. Click [here](#) for more information and to register.

### **Annual SAP Counselor/Tobacco Coordinator Conference**

**October 21-22, 2009**

**Rutland, VT**

Sample topics covered at this two-day conference include ethical and legal issues, vicarious trauma, technology in the classroom, and student analysis of the Youth Risk Behavior Survey. To download the full conference brochure or to register, click [here](#). Tobacco Coordinators should

contact Kate Larose at (802) 828-0565 or [kate.larose@state.vt.us](mailto:kate.larose@state.vt.us) to register.

**Serving Up Sensible Snacks and Beverages in Schools**

**October 22, 2009**

**Williston, VT**

**October 23, 2009**

**Brattleboro, VT**

Making changes in foods and drinks that schools sell to students outside of school meals can be daunting, but it doesn't have to be. This day-long institute will help state stakeholders, school teams and other partners choose resources and share strategies to implement the Vermont Nutrition Policy Guidelines for competitive foods and beverages while maintaining or boosting revenue opportunities. Participants will include: School Administrators, Food Service Directors, Athletic Directors, School Nurse, School Store Managers, School Business Officers, State Stakeholders, Community-based Partners, and Parents. Four CEUs will be available for each workshop which is sponsored by Vermont Action for Healthy Kids in collaboration with the Alliance for a Healthier Generation and the Center for Health and Learning. A \$35.00 fee includes a light breakfast and lunch. For more information contact (802) 254-6590 or [info@healthandlearning.org](mailto:info@healthandlearning.org). To register for this training, click [here](#)

**Meeting Facilitation: Strategies Productive, Professional and Positive Meetings**

**October 26, 2009**

**Montpelier, VT**

This workshop covers key facilitation strategies that encourage groups to do their best thinking out loud. It encourages active participant engagement, generates concrete strategies to respond to common but complex facilitation challenges and reveals an agenda-building process that results in productive, professional meetings. For more information and to register click [here](#).

**Cultural Competency: Integrating Cultural Skills Into Prevention Programs**

**November 2, 2009**

**Randolph, VT**

This workshop draws from the "Bridges Out of Poverty" curriculum to explore and evaluate diversity issues and characteristics related to socio-economics that are essential for developing and sustaining substance abuse prevention strategies within your service delivery systems. For more information and to register click [here](#).

**Vermont Freemasons C.A.R.E. Follow-Up Day**

**November 9, 2009**

**Woodstock, VT**

This follow-up day will provide past C.A.R.E. participants with the opportunity to reflect on what you've learned and implemented, while sharing your successes and challenges with others. For information contact Donna McAllister at (802) 828-1636 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us).

**Coalition Development: Working Together for Community Change**

**November 10, 2009**

**Randolph, VT**

In addition to exploring coalition readiness, community change theory and the Ecological Perspective, you will learn to identify developmental tasks of teams/coalitions, develop strategies for addressing issues identified by teams and use specific tools to enhance team/coalition building. For more information and to register click [here](#).

**Vermont Association For Health, Physical Education, Recreation, and Dance (VTAHPERD) Annual Conference "Healthy Bodies, Active Minds"**

**November 12-13, 2009**

**Killington, VT**

Click [here](#) for a complete conference outline including topics in all discipline areas. Guest speakers will include Dana Brooks (AAHPERD President), Irene Cucina (EDA-AAHPERD Board of Governors), Teresa Osborne (Dance Specialist), and Jacob Sattelmair and Susan Pelican from the *Ratey Institute* speaking about the book *SPARK*. Join the fun as we explore our *Healthy Bodies and Active Minds*. Registration starts September 8, 2009.

**N-O-T (Not On Tobacco) New Facilitator Training**

**November 17, 2009**

**Rutland, VT**

This one-day training is designed for teachers, SAP counselors, guidance counselors, nurses or prevention workers to become a N-O-T facilitator. Based on social cognitive theory, N-O-T is a gender-sensitive, teen-tested tobacco cessation program that trains young people in self-management and stimulus control, social skills and social influence, stress management, relapse

prevention, techniques to manage nicotine withdrawal, weight management and peer pressure. To learn more and register click [here](#)

### **Helping Children Understand Autism Spectrum Disorder: Creating a Culture of Inclusion**

**November 20, 2009**

**South Burlington, VT**

This conference will be hosted by Heather McCracken, Friend 2 Friend Social Learning Society. Attendees will learn the special needs of children with autism; to build empathy and foster caring relationships; the concept and components of the Friend 2 Friend model; and how to foster peer socialization and integrated play between a child with ASD and his/her peers. Click [here](#) for registration and more information or contact Sarah at (802)860-3349.

### **Essential Grant Skills**

**November 23, 2009**

**Randolph, VT**

Topics include: developing an effective program plan and identifying the grant makers that would support it; the key elements of a clear and compelling proposal; talking about your organization; structuring your grant-seeking plan; foundations and why they give money; government grants; and research tools and strategies. For more information and to register click [here](#).

### **Save the Date - Vermont Freemasons C.A.R.E. Training**

**March 30-31, 2010**

**South Burlington, VT**

This training opportunity for your school is designed to create an informed team who will help identify and provide appropriate guidance for students at-risk for substance abuse, depression, suicide or violence. For more information contact Donna McAllister at (802) 828-1636 or [donna.mcallister@state.vt.us](mailto:donna.mcallister@state.vt.us). Registration will be in January.

### **Save the Date - Vermont Healthy Schools Summer Institute 2010**

**June 30-July 2, 2010**

**Northfield, VT**

Join us for this three-day institute designed to empower school health professionals as innovation leaders to ensure a student-centered education system. By the end of the institute participants will have...

- Explored data and rationale that build a case for transforming educational practices.
- Interpreted elements of student-centered learning for their local system.
- Examined their role in transformation of the educational system.
- Identified opportunities for collaboration.
- Developed a plan to influence change towards a student-centered learning environment.

Look for more information and registration coming soon in this e-bulletin.

### **Center for Health and Learning (CHL)**

The Center for Health and Learning offers educational events and professional development opportunities that are designed to help schools create optimal conditions for learning and assist students and their families to make informed decisions about their health. For a complete schedule, visit the calendar at [www.healthandlearning.org](http://www.healthandlearning.org) or call (802) 254-6590.

As a service to its users, the Department of Education offers links from its Web site to resources and Web sites developed by other organizations. These links are provided as a resource only. Unless specifically stated, the inclusion of such links does not imply endorsement or support of information, products or services offered by an organization other than the Department of Education. Information contained on such linked resources should be independently verified.

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